

# CAGAARSHOWGA A

## DIGNIIN CAAFIMAADOO QUSEEYSA DADKA AAN GURYAHA LAHEYN (Koonfurta King County/South King County)

### MAXAY CAGAARSHOWGA A?

Cagaarshowga A waa fayris si fudud u faafa. Dad badan ma ogaa in ay qaban cagaarshowga A sidaa darteed waxay faafiyaan iyaga oo aan ogeyn.

Cagaarshowga wuxuu sababi karaa cudurka beerka oo halis ah kaas oo raagi karabilooyin.

Mararka qaar dadka way u dhintaan Cagaarshowga A.

Cagaarshowga wuxuu ku faafaayay dadka ku nool Mareykanka ee guryaha aan lahayn.



### SIDEE BUU U FAAFAA?

Cagaarshowga A wuxuu ku jiraa saxarada qof qaba Cagaarshowga A. Haddii gacmahooda aysan dhaqin marka ay suuliga isticmaalan kadib. Waxyaabaha ay taabtaan ayeey saxara yar gaarsiin karaan. Cagaarshowga A wuxuu ku faafa:



Taabashada walxaha ama cunista cunto uu taabtay qof qaba Cagaarshowga A

Qofka qaba  
Cagaarshowga A



U galmooshada qof qaba  
Cagaarshowga A



Wadaagista cirbadaha ,  
tuubooyinka, ama  
waxyaabo kale ee lagu  
qaato maandooriyaha



**Ku Dhaq gacmahaada saabuun iyo biyo** kadib marka aad isticmaasho musqusha, ka hor inta aad wax karinin ama cunin. Saabuun iyo biyo ayaa si fiican u shaqeeya, laakiin haddii aan la heli karin, isticmaal jeel aalkolo ka sameysan.

### SIDEE LOOGA HORTAGI KARAA CAGAARSHOWGA A?



Ha la wadaagin dad kale cunto, cabitaan, cirbadaha, ama sigaarka

Qofka qaba  
Cagaarshowga A



Ha u galmoonin qof qaba  
cagaarshowga A



Isticmaal shukumaan, caday, iyo maacuun adiga kuu gaar ah

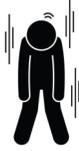


Qaado tallaalka  
cagaarshowga A

# ASTAAMAHA CAGAARSHOWGA A



Qandho



Daal



Matag



Cunto xumo



Cagaarshow  
(indhaha iyo  
maqaarka oo  
jaale noqda)



Kaadi madaw,  
saxaro cad,  
shuban

Dadka qaar ee qaba cagaarshowga A ma lahan wax astaamo ah  
**Haddii aad u maleynaysid in aad qabtid cagaarshowga A, la kulan  
dhakhtarkaada ama aad isbitaalka**

## WAAD KA ILAALIN KARTAA NAFTAADA CAGAARSHOWGA A

Ka hel tallaalka cagaarshowga A oo lacag la'aan ah goobahan:

### GOOBAHA KOONFURTA KING COUNTY:

#### **Auburn Public Health Clinic**

901 Auburn Way N, Suite A, Auburn  
Waxay furanyihiin maalmaha  
Isniinta-Jimcaha

#### **HealthPoint Kent Urgent Care**

219 State Ave N, Kent  
Waxay furanyihiin maalmaha  
Isniinta-Jimcaha

#### **Federal Way Public Health Clinic**

33431 13th Place S, Federal Way  
Waxay furanyihiin maalmaha  
Isniinta-Jimcaha

#### **Mobile Medical Van**

Goobaha kala duwan Koonfurta King County,  
Isniinta-Khamista  
Goobahan waxaad ka booqan kartaa:  
[Kingcounty.gov/mobilemed](http://Kingcounty.gov/mobilemed)

Farmashiyeyaasha badankood waxay bixiyaan tallaalka cagaarshowga A  
haddii aad haysato kaarka caymiska caafimaadka

Wixii macluumaad dheeraad ah daryeelka caafimaadka  
ee Homeless Network: [www.kingcounty.gov/hch](http://www.kingcounty.gov/hch)

**Public Health**  
Seattle & King County

